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Your Petitioners, Douglas H. Anders and Ronald D. Walton, citizens of the United States of America and residents of the States of Nebraska, whose residence and mailing address for Douglas H. Anders is 520 Lakehurst, Waterloo, Nebraska 68069 and for Ronald D. Walton is 5055 South 161st Circle, Omaha, Nebraska 68135, pray that Letters Patent Protection be granted to them for a

FREE WEIGHT ASSISTANCE AND TRAINING DEVICE

as set forth in the following specification:

Cross-Reference to Related Application

This application claims priority to the filing date of related patent application serial No. 60/463,221 filed April 16, 2004.

Background of the Invention

1. Technical Field

The present invention relates to weight training devices and, more particularly, to a free weight assistance and training device which includes a base, an upright weight support structure extending over and above the user of the device, a free weight support bar, a computer-controlled weight tensioning device mounted adjacent the upright weight support structure and a cable and pulley system extending over the upright weight support structure interconnecting the free weight bar and the weight tensioning device such that tensioning force applied by the weight tensioning device to the free weight support bar via the cable and pulley system is operative to decrease the amount of downwards force

exerted by the free weight support bar, the device utilizing selected training methods through the computer-controlled weight tensioning device to produce desired workout results.

2. Description of the Prior Art

Even with the variety of exercise and muscle-building equipment and activities available, free weight lifting continues to be the workout method of choice for many athletes. Free weight lifting allows unrestrained motion during lifting, closely approximating application of human strength in many recreation and sporting activities. Also, the selection of weights utilized in free-weight lifting is highly repeatable as compared to machines employing levers, cams, and resistance elements such as springs and hydraulic or pneumatic cylinders. Furthermore, free weights provide uniform resistance unaffected by wear of mechanical parts and other components.

One disadvantage limiting use of free weights is the need for one or more spotters, especially in strength-building regimens that are intended to test the strength and endurance limits of the user. These regimens are most effective when the user continues repetitions until he or she is unable to lift the free weight bar. This is a safety concern if spotters are not immediately available since the user may be unable to safely lift the weight to a support device. Even when spotters are available, they may not recognize an unsafe condition or their response may not be quick enough to prevent injury.

Another disadvantage of free weights is that the amount of weight to be lifted is unchangeable during the lift, as once the

weights are placed on the weight bar, weight cannot be added or subtracted during the lift. This means that if the weight user cannot lift the weight during the repetitions, he or she has to stop and not receive the full benefit of the workout. Although spotters can be of some assistance in providing partial assistance in the lifting of the free weight, the disadvantage of this assistance is that the spotter may assist too much or too little, and again the efficiency of the workout is compromised. There is therefore a need for a device which will provide the correct level of assistance for the free weight user yet will not interfere with the lifting process until needed.

Self-spotting machines, disclosed by others, have addressed eliminating the need for one or more spotters. For example, U.S. Patent No. 4,949,959 discloses a barbell assist device utilizing a motor-driven yoke assembly. The yoke assembly provides cables that extend around sheaves and downwardly from each end of the housing to support a barbell over a weight bench. U.S. Patent No. 5,048,826 discloses a device utilizing a winch assembly to retract and release cables supporting the barbell. U.S. Patent No. 5,310,394 discloses a spotter system for weightlifters employing a pneumatic piston and cylinder. The cylinder provides lift assistance to the barbell through a lever arm, chain drive, pulley and cables.

However, none of the aforementioned devices provide independent support of both ends of the free weight bar. In fact, the assistance provided by these inventions does not accomplish the intended purpose of assisting with the lift without interfering with the lift, and therefore are inadequate for the purposes of

this invention.

Many other devices have been proposed in the prior art which are intended to fulfill spotting and assisting purposes, each of which include inherent disadvantages and do not fully address the needs of the free weight user, particularly in connection with providing graduated assistance for lifting in connection with a specified exercise program. It is these needs that the present invention attempts to address and solve.

Therefore, an object of the present invention is to provide an improved free weight assistance and training device.

Another object of the present invention is to provide a free weight assistance and training device which includes a generally upright weight support structure, a free weight support bar and a computer-controlled weight tensioning device connected to the free weight support bar by at least two cables such that when the cables are tensioned, additional lifting power is applied to the free weight support bar to provide assistance to the user of the free weight assistance and training device during the lifting exercise.

Another object of the present invention is to provide a free weight assistance and training device which is designed to assist the user only to the extent that he or she needs in order to complete the exercise set and keep the free weight support bar moving during the exercise set.

Another object of the present invention is to provide a free weight assistance and training device which includes a computerized exercise tracking mechanism which tracks the user's weight lifting pattern to identify areas of instability or weakness so that the user may focus on those areas during subsequent lifting sessions.

Another object of the present invention is to provide a free weight assistance and training device which will perform all the duties of a spotter thus removing the need for a human spotter to assist the user of the present invention.

Finally, an object of the present invention is to provide a free weight assistance and training device which is sturdy and durable in construction and is safe and efficient in use.

Summary of the Invention

The present invention provides a free weight assistance and training device which includes a base and a generally upright weight support structure mounted on and extending upwards from and over the base. A free weight support bar is connected to a computer-controlled weight tensioning device which is mounted on the base generally adjacent the upright weight support structure, the connection between the free weight support bar and the computer-controlled weight tensioning device consisting of at least two cables movably mounted on the upright weight support structure and extending between and connecting the free weight support bar and the computer-controlled weight tensioning device. The computer-controlled weight tensioning device, the at least two cables and the free weight support bar operatively cooperate with each other such that tensioning force applied by the computer-controlled weight tensioning device via the at least two cables to the free weight support bar controllably decreases the amount of downwards force exerted by the free weight support bar due to the weight of the free weight support bar and weights thereon whereby a user of the free weight assistance and training device may receive assistance during lifting of the free weight support bar via the computer-controlled weight tensioning device.

The present invention as thus described provides a substantial improvement over those devices found in the prior art. For example, because of the amount of assistance provided is variable depending on the speed of the lift and the weight being lifted, the user of the present invention receives maximum benefit from the exercise while minimizing the risk of injury due to improper

spotting and/or assistance being provided. Also, because the computer system of the present invention tracks substantially all of the movements of the free weight bar both vertically and horizontally during the lift, the user of the present invention may quickly and easily determine whether his or her lifting style is the most efficient possible or even if the lifting style may eventually lead to injury. Furthermore, the design of the present invention means that the invention may be used for many different types of lifting exercises, and thus is not only restricted to bench work but also may be used for squats and other such standing exercises which cannot be done with other inventions found in the prior art. Finally, because of the numerous safety features of the present invention, the opportunity for injury is greatly reduced and the user of the present invention may thus safely and efficiently use free weights for his or her exercise program. It is thus clear that the present invention provides a substantial improvement over those devices found in the prior art.

Brief Description of the Drawings

Figure **1** is a perspective view of the free weight assistance and training device of the present invention;

Figure **2** is a side elevational view of the present invention;

Figure **3** is a detail top plan view of the specific features of the weight tensioning device of the present invention;

Figures **4** is a top plan view of the cable tensioning device of the present invention showing the operative elements of the device;

Figure **5** is a top plan view of the winching device of the present invention;

Figure **6** is a detail perspective view of the free weight support bar of the present invention; and

Figure **7** is a side elevational view of the bar position detection device of the present invention showing the operative elements of the device.

Description of the Preferred Embodiment

The free weight assistance and training device **10** of the present invention is shown best in Figures **1-3** as including three primary units, a generally upright weight support structure **12**, a free weight support bar and connected cable system **70** and a computer-controlled weight tensioning system **100** which is operative to tension the cable system to decrease the amount of force which must be applied by a user of the invention to lift the free weight support bar. In the preferred embodiment, weight support structure **12** would include a pair of base feet **14a** and **14b** having leveling pads **15** mounted on the undersides thereof, and further on each of which is mounted an upright main weight support post **16a** and **16b** which each extend upward from the base feet **14a** and **14b** approximately sixty to one hundred twenty inches (60" to 120") depending on the intended use of the unit (i.e. bench press, snatch, curls, etc.). Furthermore, it is preferred that the base feet **14a** and **14b**, main weight support posts **16a** and **16b** and other elements of the weight support structure **12** of the present invention which cooperate to support the free weights will be constructed of sturdy steel box beams welded or bolted to one another to ensure that the weights are safely and sturdily supported at all times to prevent injury to the user of the invention. Of course, any appropriate construction material may be used with the present invention so long as the safety of the user is maintained.

A cross brace beam **18** extends between and connects the main weight support posts **16a** and **16b** adjacent the upper sections thereof for securing the main weight support posts **16a** and **16b** in

spaced apart, generally parallel relation. Mounted atop each of the main weight support posts **16a** and **16b** is a weight support beam 20a and **20b** each of which extend forwardly generally parallel with each other approximately ten to thirty inches (10" to 30") from the main weight support posts **16a** and **16b**, as shown best in Figures **1** and **2**. To increase the structural stability of the weight support structure **12**, it is further preferred that a number of generally triangular gussets **22** be mounted on the weight support structure **12** adjacent the connections between the main weight support posts **16a** and **16b** and the base feet **14a** and **14b** and the weight support beams **20a** and **20b**. The gussets **22** stabilize the connections and act to prevent collapse of the weight support structure **12** even if a large amount of weight is being supported by the device **10** of the present invention.

The free weight support bar and connected cable system **70** of the present invention is best shown in Figures **1** and **2** as including a free weight support bar **72** on which are mounted left and right weight stops **74a** and **74b** which cooperate to position weight plates (not shown) correctly on the free weight support bar **72**. Two weight support cables **80a** and **80b** are each respectively connected to one of the left and right weight stops **74a** and **74b** and extend upwards therefrom, the weight support cables **80a** and **80b** being constructed of wire or Kevlar cable having a high tensile strength to ensure safe operation of the present invention. The weight support cables **80a** and **80b** extend into the weight support beams **20a** and **20b** and as the weight support cables **80a** and **80b** are supported within the weight support beams **20a** and **20b** in substantially the same manner, the following description of the support features of

weight support beam **20a** should be understood to apply equally to the support features of weight support beam **20b**.

Weight support cable **80a** extends into the hollow interior of weight support beam **20a** where it passes over and engages forward pulley **82** rotatably mounted within the forward section of weight support beam **20a** and oriented generally parallel with the base foot **14a**. As the weight support cable **80a** extends rearwardly through the weight support beam **20a**, it passes over and engages rearward pulley **84** rotatably mounted within the rearward section of weight support beam **20a** and oriented generally parallel with forward pulley **82**. The weight support cable **80a** then extends downwards to the computer-controlled weight tensioning system **100** which tensions the weight support cable **80a** according to the programming and weight training regimen selected by the user of the present invention. Of course, the forward and rearward pulleys **82** and **84** may be modified or replaced by slides or other such cable guides so long as the weight support cable **80a** is guided through the weight support beam **20a**.

The computer-controlled weight tensioning system **100** is shown best in Figures **2**, **3** and **4** as including a pair of threaded cable reels **102a** and **102b** which are mounted on rotatably mounted reel shafts **104a** and **104b** which permit the cable reels to rotate to extend or retract the weight support cables **80a** and **80b** which are wound thereon. The threading on the cable reel surface of each of the cable reels **102a** and **102b** ensure accurate take-up of the cables **80a** and **80b**, i.e. each rotation of the cable reels **102a** and **102b** takes up an identical length of cable. The drive shafts **108a** and **108b** of a pair of drive motors **106a** and **106b** are operatively

connected to the cable reels **102a** and **102b** to rotate them in response to rotation of the drive shafts **108a** and **108b**. Sensor units **110a** and **110b** are mounted adjacent the reel shafts **104a** and **104b**, the sensor units **110a** and **110b** operative to detect the rotational speed, direction and amount of rotation of the reel shafts **104a** and **104b** and transfer that information to a computer-based control mechanism **112**. In the preferred embodiment, the sensor units **110a** and **110b** are "encoders", that is, they are optical disks that have alternating light and dark radial sections which count the number and speed of the pulsations and forwards that information to the computer-based control mechanism **112**. In this manner the speed, direction and number of rotations of each of the reel shafts **104a** and **104b** is fed to the computer-based control mechanism **112** for further processing. The encoders establish the "windows" as described below and the speed for the lift and fall of the free weight support bar **72**.

While the drive shafts **108a** and **108b** and reel shafts **104a** and **104b** cooperate to control the lift assistance provided to the user of the present invention, in the event the need arises to change the vertical positions of the bar **72**. Therefore, the lifting of the entire free weight support bar **72** is preferably performed by a separate lift motor **120** which engages the reel shafts **104a** and **104b** through the locking of clutches **116a** and **116b**. This enables the lift motor **120** to rotate the reel shafts **104a** and **104b** and the cable reels **102a** and **102b** to wind the cables **80a** and **80b** to raise or lower the free weight support bar **72** by overpowering the drive motors **106a** and **106b**. Finally, the release of cable from cable reels **102a** and **102b** is controlled by a pair of reel brakes **109a** and

109b which prevent rotation of the reel shafts **104a** and **104b** upon receiving a signal from the computer-based control mechanism **112**.

The computer-based control mechanism **112** is operatively connected to the drive motors **106a** and **106b** to command the drive motors **106a** and **106b** to rotate drive shafts **108a** and **108b** to provide powered assistance to the reels **102a** and **102b** in lifting the free weight support bar **72** via the weight support cables **80a** and **80b**. In the preferred embodiment, the computer-based control mechanism **112** would be a standard computing device incorporating a hard drive, motherboard with processor, memory, and other necessary elements for performing computing operations. For inputting information into the computer-based control mechanism **112**, a touch-activated computer screen **114** is mounted on and adjustable on support member **116** which in turn is mounted on and extends downwards from cross brace beam **18**, as shown best in Figures **1** and **2**, although the exact location of the computer screen **114** or, for that matter, any appropriate input device, would be determined according to user preferences and may be in any location on or adjacent the free weight assistance and training device **10**. In the preferred embodiment, the touch-activated computer screen **114** permits the user of the present invention to enter specific workout data, including such information as the user's name, and identifying code number, and other information to identify the user of the present invention. The user would then be able to enter information connected directly with the exercise routine which is to be performed, including such details as high and low point ranges of the lift being performed, the lift off weight to be removed from the weight being lifted to enable proper motion during

the lift, a window, which would be the distance the free weight support bar **72** can travel downwards before assistance is provided by the weight tensioning system **100** and the assist speed, which is the determination of the amount of time the user of the invention will receive before assistance is applied while doing the specified lift. Of course, other forms of data input devices such as keyboards and disk drives may be used to input information, and many other types of additional information may be entered using the touch-activated computer screen **114** depending on the specific programming features of the computer-based control mechanism **112**, all of which may be used by the free weight assistance and training device **10** of the present invention to provide enhanced workouts. Finally, a digital readout **140** is mounted on the cross brace beam **18** or another readily viewable location, the digital readout **140** connected to the computer-based control mechanism **112** and operative to display the lift assistance in pounds or the like relating to the lift being performed.

Prior to beginning discussion of the operation and use of the present invention, the remaining physical features shown in Figures **1-3** will be described herein. In the preferred embodiment, the computer-controlled weight tensioning system **100** would further include a housing **120** which completely covers and encloses each of the features described in connection with the computer-controlled weight tensioning system **100** save the touch-activated computer screen **114**. In this manner, accidental touching of the components by the user is prevented, thus increasing the safety of the device. Additional safety features which are incorporated into the present invention include a pair of safety bars **24a** and **24b** which extend

generally horizontally forwards from main weight support posts **16a** and **16b** with the forward ends of the safety bars **24a** and **24b** being supported by a pair of generally upright weight support bar posts **26a** and **26b** each mounted on and extending upwards from one of the base feet **14a** and **14b**. In operation, safety bars **24a** and **24b** are positioned below the lower range limit of movement of the free weight support bar **72** to prevent the free weight support bar **72** from injuring the lifter in the event of emergency release of the free weight support bar **72**. Finally, a pair of weight support brackets **28a** and **28b** are adjustably mounted on the main weight support posts **16a** and **16b**. The main weight support posts **16a** and **16b** would preferably include a plurality of vertically spaced mounting holes **30** formed in the forward wall of each of the main weight support posts **16a** and **16b**, the holes **30** operative to receive and secure the weight support brackets **28a** and **28b** in a specified vertical position along main weight support posts **16a** and **16b**. In this manner, a user of the invention may move the free weight support bar **72** rearwardly on the machine until the free weight support bar is positioned over the weight support brackets **28a** and **28b** and thus release of the free weight support bar **72** downwards removably positions the free weight support bar **72** on the weight support brackets **28a** and **28b**. In this manner, various types of exercises may be performed by the user of the present invention, such as overhead presses, curls, and other such exercises in which the free weight support bar **72** would not be returned to its lowermost resting position as defined by the weight support bars **24a** and **24b**. Finally, a pair of take-up reels **87a** and **87b** are mounted within the housing **120** and are connected to the handle

sensor cables **86a** and **86b** to alternatively take up or release cable during the exercise being performed to ensure that slack does not develop in the handle sensor cables **86a** and **86b** thus preventing interference with the exercise.

One of the most important safety features of the present invention involves the handle grip sensing device **200** which is mounted on the free weight support bar **72** and shown best in Figures **1** and **6**. In the preferred embodiment, the handle grip sensing device **200** would include a pair of light-sensitive sensing units **202a** and **202b** mounted on the free weight support bar **72**, one adjacent each of the left and right weight stops **74a** and **74b** and each facing inwards towards the center of free weight support bar **72**. Slidably mounted on the free weight support bar **72** adjacent the center thereof are a pair of reflective disks **204a** and **204b** which may be moved towards or away from the sensing units **202a** and **202b** depending on the exercise being performed and the hand position on the free weight support bar **72**. In the preferred embodiment, the sensing units **202a** and **202b** would send infrared beams of light (shown as the back-and-forth arrows on Figure **6**) outwards therefrom extending generally parallel with the free weight support bar **72**. When the beams encounter the reflective disks **204a** and **204b**, they are reflected back to the sensing units **202a** and **202b** signifying that no one is using the free weight assistance and training device **10** of the present invention. When a user places his or her hands on the free weight support bar **72** in preparation to do an exercise, however, the light beams are interrupted and the sensing units **202a** and **202b** send this information to the computer-based control mechanism **112** via handle

sensor cables **86a** and **86b**. During the exercise, the computer-based control mechanism **112** checks to make sure that the free weight support bar **72** is still being gripped by the user of the invention, and if at any time the sensing units **202a** and **202b** recognize that the hands of the user have left the free weight support bar **72**, the computer-based control mechanism **112** locks the reel brakes **109a** and **109b** and prevents the free weight support bar **72** from either raising or lowering until the situation is rectified.

The following description of one type of exercise being performed with the free weight assistance and training device **10** of the present invention should be understood to apply generally to other types of exercise motions to be performed with the invention, but is believed that the following description is illustrative of the use of the present invention. For the standard bench press exercise, a user of the invention would position him or herself in a generally horizontal position underneath the free weight support bar **72** on a bench or the like. Of course, prior to positioning him or herself beneath the free weight support bar **72**, the user of the present invention would enter his or her personal information into the computer-based control mechanism **112** of the touch-activated computer screen **114**. As was stated previously, this information would define the parameters of the exercise to be performed and would include vital information such as the weight being used, assistance to be provided, and range of motion desired, specifically directed to such critical details as the windows of movement for the exercise and the liftoff position for the exercise. Once the user of the present invention is positioned beneath the free weight support bar **72**, the reflective disks **204a**

and **204b** are slid into proper position and the desired amount of weight is mounted onto the ends of free weight support bar **72**. The exercise regimen now can begin. As the user lifts the free weight support bar upwards from weight support bars **28a** and **28b**, the computer-based control mechanism **112** provides a degree of assistance referred to as the liftoff assistance, in which a percentage of the overall weight of the free weight support bar **72** and weights mounted thereon is taken up by a rotation of the drive shafts **108a** and **108b** of drive motors **106a** and **106b** which drive cable reels **102a** and **102b** to apply tension to weight support cables **80a** and **80b** thus removing a portion of the weight on the free weight support bar **72** therefrom. As the lift continues, the computer-based control mechanism **112** signals the drive motors **106a** and **106b** to continue reeling in the weight support cables **80a** and **80b** to prevent slack forming in the cables until the upper limit is reached. The lifter lowers the bar to the lower limit and then it is the user of the invention who is providing the upwards force to raise the free weight support bar **72** and weights mounted thereon until such time as the computer-based control mechanism **112** detects that motion of the free weight support bar **72** has slowed or stopped after the free weight support bar **72** has left its lower limit. In the preferred embodiment, a small time delay would be instituted between the time the computer-based control mechanism **112** detects stopping of the raising of the free weight support bar **72** by the user and the instigation of powered assistance by the computer-based control mechanism **112** via the cable reels **102a** and **102b** in order to give the user of the present invention every opportunity to maximize the intensity of the workout.

At some point, however, the user of the present invention will be unable to lift the entire amount of the weight of the free weight support bar **72** and weights mounted thereon. The free weight assistance and training device **10** detects this by sensing the cessation of motion of the free weight support bar **72**, as detected by the sensor units **110a** and **110b**. At this time that the computer-based control mechanism **112** increases the tension of the drive motors **106a** and **106b** to rotate drive shafts **108a** and **108b** to rotate the cable reels **102a** and **102b** to tension the weight support cables **80a** and **80b** thus removing a portion of the weight of the free weight support bar **72** and weights mounted thereon in incremental stages until the user is able to continue the lift. The user of the present invention is thus able to continue his or her lifting motion and reach maximum intensity for the workout without being concerned about his or her ability to simply raise or lower the free weight support bar **72**. This reactive ability of the computer-based control mechanism **112** to assist the user of the present invention by lifting a variable portion of the total weight being lifted is a unique and valuable attribute of the present invention. In fact, it has been found that, through the use of the present invention, workout routines are greatly enhanced and the lifting of progressively heavier weights may be incorporated into the workout routine without the risk of accidental release of the free weight support bar **72** due to muscle failure. Furthermore, it can easily be seen that the present invention may be used for a large variety of weight lifting routines by merely modifying the parameters of use, including the weight being used, assistance supplied, range of motion, and time delay between muscle failure and assistance being

provided. Additional details of the preferred operation of the present invention may be found in the attached Appendix "A", in which a listing of the preferred general operational and computer procedures for the present invention are disclosed. Of course, Appendix "A" should be seen as providing examples of the use of the present invention and is not limiting in any manner as to the intended functionality and uses of the present invention.

Additional features of the present invention are shown in Figures **1**, **2**, **3** and **7** and include a balance pad **400** placed on the floor surface between base feet **14a** and **14b**. The balance pad **400** is connected in information transmission connection with the computer-based control mechanism **112** to track weight distribution of the lifter during the lift for increasing efficiency of the lift. This will allow the lifter to focus on particular elements of the lift to eliminate potentially harmful poor technique.

One of the truly unique elements of the present invention, however, is the bar position detector device which consists of two interconnected elements, the cable angle detection devices **300a** and **300b** and the bar position detection light curtains **350a** and **350b**, each of which are connected in information transmission connection with the computer-based control mechanism **112**, and which cooperate to determine the position of the free weight support bar **72** at all times during the lift. The cable angle detection devices **300a** and **300b** are mounted on each weight support beam **20a** and **20b** and positioned each adjacent the forward edge of one of the pulleys **82** to detect the angles at which the cables **80a** and **80b** depend from the weight support beams **20a** and **20b**. The angle combined with the length of cable depending from the weight support beam **20a** and **20b**

will track the location of the free weight support bar **72** to permit the user of the present invention to maintain a better lift track during the lift thus reducing the chance of injury from improper lifting.

The bar position detection light curtains **350a** and **350b** are likewise mounted on the weight support beams **20a** and **20b** and extend generally parallel therewith, the bar position detection light curtains **350a** and **350b** operative to project a light/laser curtain generally vertically downwards to a receiver bar **352a** and **352b**, one mounted on each of the base feet **14a** and **14b**, such that any interruption in the light curtain is noted by the computer-based control mechanism **112** to which the bar position detection light curtains **350a** and **350b** are connected in information transmission connection. As the free weight support bar **72** is moved through the bar position detection light curtains **350a** and **350b**, the horizontal interruptions of the light curtain are recorded and the computer-based control mechanism **112** or associated computer can calculate and graph the path of the free weight support bar **72** during the lift.

By combining the results from the cable angle detection device **300** and the bar position detection light curtain **350a** and **350b**, the track of the lift may be plotted and the user of the present invention can obtain a visual representation of the lift. This data can then be used by the lifter to remedy poor lifting technique before the lifting technique can cause him or her injury. This improvement is not found in the prior art and is a novel and unique feature of the present invention.

It is to be understood that numerous additions, substitutions

and modifications may be made to the free weight assistance and training device **10** which fall within the intended broad scope of the above description. For example, the size, shape and construction materials used in connection with the present invention may be modified or changed so long as the intended functionality of the invention is not degraded or destroyed. Furthermore, the specific programming features of the present invention may be modified or changed to permit the present invention to be used with a variety of different exercise and weightlifting programs. Finally, it should be noted that the design features of the present invention are generally not critical to the present invention so long as the intended functionality of the invention is maintained.

There has therefore been shown and described an free weight assistance and training device which accomplishes at least all of its intended objectives.